

**U.S. ARMY**

Wiesbaden Military Community Task Force Community Wellness Community Resources Throughout COVID-19

A Community Initiative



TASK FORCE COMMUNITY WELLNESS

A community initiative brought to you by
USAG Wiesbaden Garrison Support Agencies.



MISSION: *Community services coming together to enhance and maintain the resilience and readiness of the entire Wiesbaden Military Community during the COVID-19 pandemic.*





TASK FORCE COMMUNITY WELLNESS

PLEASE NOTE: The appearance of hyperlinks to non-government sites does not constitute endorsement by U.S. Army Garrison Wiesbaden or the Department of the U.S. Army of the linked Web site or the information, products or services contained therein. For other than authorized activities such as military exchanges and Morale, Welfare and Recreation sites, the Department of the U.S. Army does not exercise any editorial control over the information you may find at these locations.

THE ABOVE DISCLAIMER APPLIES TO ALL LINKS CONTAINED IN THIS SLIDE BRIEF IDENTIFIED USING (*).





USAG Wiesbaden

Follow **USAG Wiesbaden** on Facebook

for up to date information during COVID19 - Wednesdays at our live **Town Hall** meetings.



<https://www.facebook.com/usagwiesbaden/> *



USAG WIESBADEN COMMUNITY UPDATE

This is the official page for the Wiesbaden Military Community updates managed by the U.S. Army Garrison Wiesbaden Public Affairs Office.

Information Links:

USAG Wiesbaden Garrison website: <https://home.army.mil/wiesbaden/>

USAG Wiesbaden COVID19 Information: <https://home.army.mil/wiesbaden/index.php/coronavirus>

USAG Wiesbaden Family and MWR website: <https://wiesbaden.armymwr.com/>

USAG Wiesbaden AFN website: <https://www.afneurope.net/Stations/Wiesbaden/>





Substance Abuse & Suicide Prevention

Substance Abuse Resources

The following are links to self help groups which offer online support and meetings.

<http://aa-intergroup.org/> *

<https://www.smartrecovery.org/community/calendar.php> *

Additional Resources

<https://www.samhsa.gov/find-help/national-helpline> *

<https://www.drugabuse.gov/related-topics/covid-19-resources> *

Employee Assistance Program

Dr. John Kaiser, CEAP
DSN 548-1402, Civ. 0611-143-548-1402

Suicide Prevention Resources

24/7 On-Call Duty Chaplain
0162-274-7337

National Suicide Prevention Lifeline
1-800-273-8255

International Hotlines

<http://www.suicide.org/hotlines/international/germany-suicide-hotlines.html> *

<https://suicidepreventionlifeline.org/current-events/supporting-your-emotional-well-being-during-the-covid-19-outbreak/> *

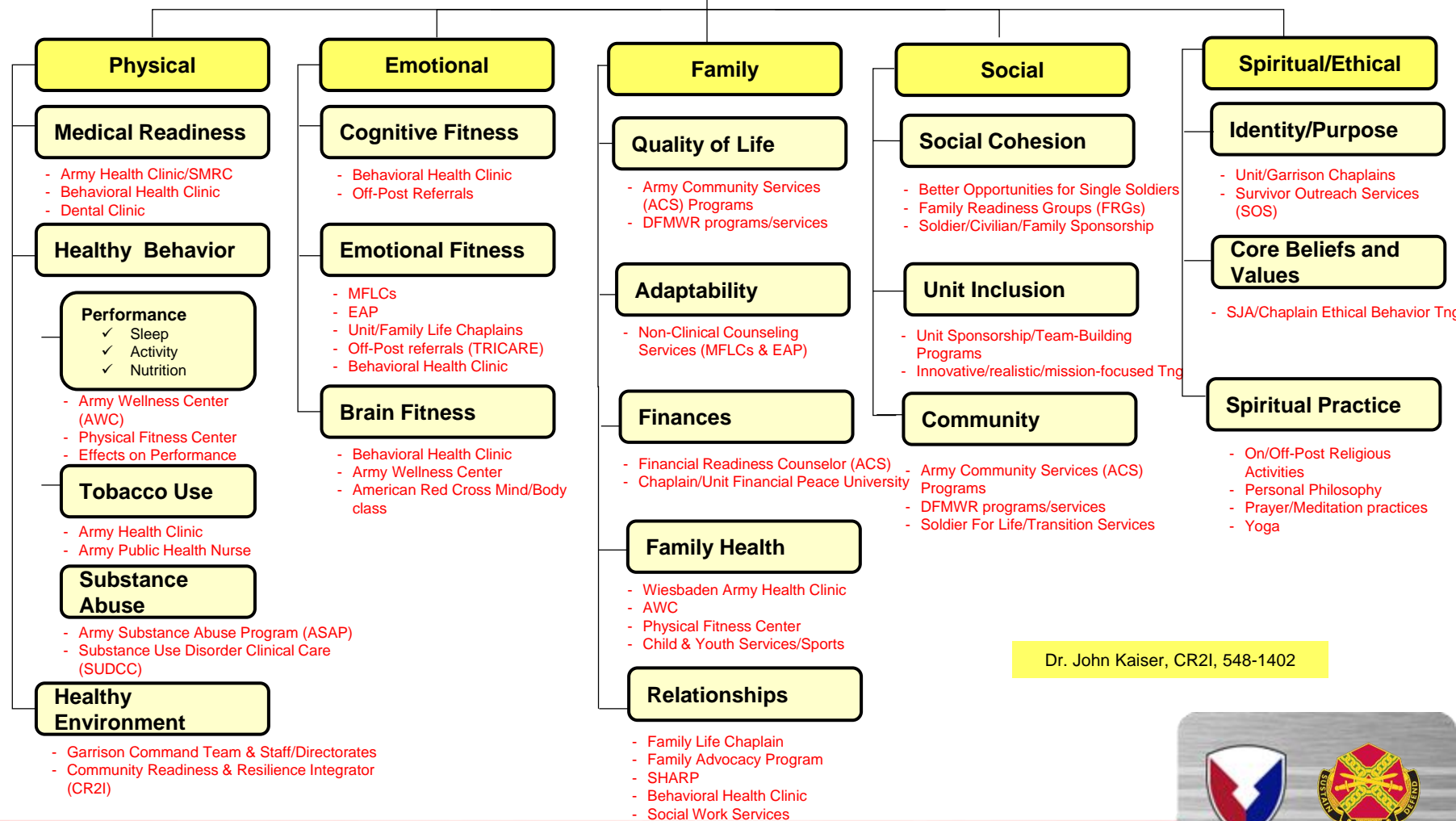




R2 Strategic Objectives/Matching Resources

ROUTINE ASSESSMENT

SO1: Sustained Personal Readiness to Meet Operational Requirements



Dr. John Kaiser, CR2I, 548-1402



3 April 2020

Slide 6 of 24



Military Family Life Counselors

MFLCs Adult - CYB - DoDEA

Due to the COVID-19 pandemic, OSD has authorized MFLCs authority to temporarily provide tele-health services.

These services include telephonic and video non-medical counseling to children and youth because face-to-face support is restricted due to COVID-19.

Contact Information

Hainerberg Elementary School
MFLC: Sarah Brown (MHN)
Tel. 0152-2390-2413

Adult MFLC
Gloria Maresma (SRI)
Tel. 0176-5594-8229
Judy Alsina (SRI)
Tel. 0170-591-4771

Wiesbaden High School MFLC
Sonya Easterling (MHN)
Tel. 0151-4558-3637

Child/Youth MFLC:
Yakiri Rivera (SRI)
Tel. 0151- 5478-5029

Tele-health

Adults

Telephonic and video non-medical counseling.

Children and Youth

- Individual video non-medical counseling sessions for minors age 13 to 17 (parent or guardian must be available at the start of each video session to give parental consent and provide line of sight requirements)
- Family video non-medical counseling for minors 6 to 12 years of age (parent or guardian must attend each session)





Spiritual Wellness for Wiesbaden

“Virtual Soul Food for our Community!”

Our Religious Support Office shares live and recorded religious services and programs to support our community during temporary closures due to COVID-19. You can find links to most of these on our Facebook page at <https://www.facebook.com/RSOWiesbaden/> *



A Buffet of Options . . .

- * Buddhist Meditations * Catholic Mass
- * Inter-Belief Discussions * Islamic Prayers
- * Jewish Services * Mormon Resources
- * Protestant Worship, etc.

. . . for Different Groups . . .

- * Chapel Congregations * Children's Ministries
- * Fellowship Groups
- * Women's Auxiliaries * Youth, etc.

. . . Served by a Variety of Means

FACE-TO-FACE (one at a time and social distancing)

24/7 On-Call Chaplain's Cell @ 0162-274-7337

And * Articles * Emails * Facebook * FaceTime Video

* Google Hangouts * Individual Phone Calls

* Livestreams * Microsoft Teams * Recorded Video *

RightNow Media * Teleconferences * YouTube * Zoom

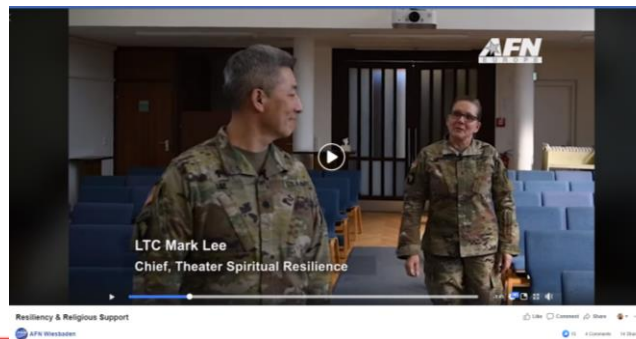
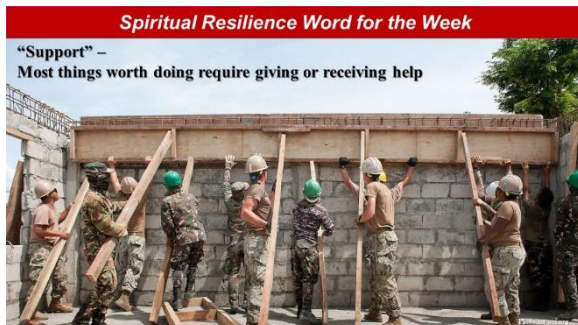
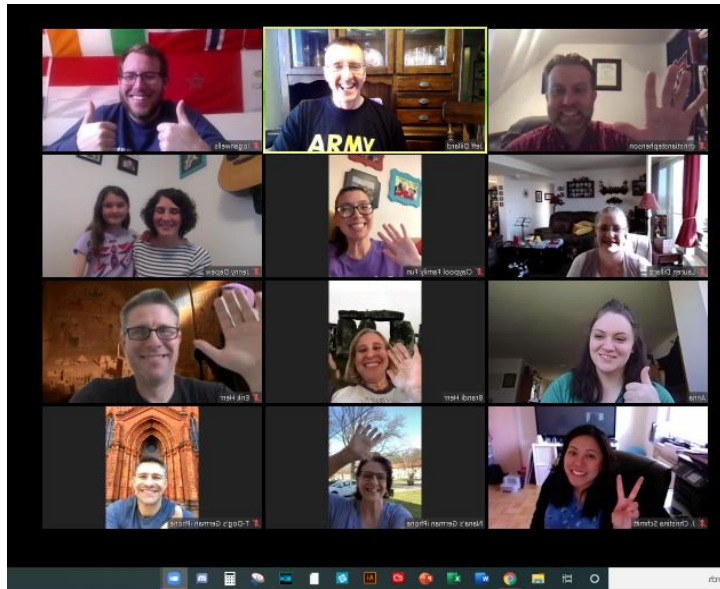
***Tell us which formats
work best for you!***





Look Who's Cooking!

Your neighbors! Volunteers from our Chapel Worship Communities & Auxiliaries, Chaplains from Wiesbaden's Tenant Units and the Religious Support Office, even "guest chefs" linked from military communities around the world!





Where Can You Find Some Soul Food?

RELIGIOUS GROUP & FORMAT	WEB ADDRESS
Other Army Posts	
Buddhist Page	https://www.facebook.com/groups/1544784788918210/ *
Islamic Page	https://www.facebook.com/USAG-Wiesbaden-Islamic-Community-758605890897868/ *
Jewish Group	https://www.facebook.com/groups/USJewishBavaria/ *
Mormon/LDS Page	https://www.facebook.com/LDS-Chaplains-275224832537120/ *
Wiesbaden	
Catholic Chapel Group	https://www.facebook.com/groups/167009216649960/ *
Catholic Women Group	https://www.facebook.com/groups/cwocwiesbaden/ *
ChapelNext Service (Protestant)	https://www.facebook.com/ChapelNext-Wiesbaden-122737997768323/ *
Club Beyond (Youth) Group	https://www.facebook.com/groups/433498680156631/ *
Gospel Service (Protestant)	https://www.facebook.com/Gospel-Clay-Chapel-111721183766678/ *
Gospel Group (Protestant)	https://www.facebook.com/groups/201559987602527/ *
Inter-Belief Page	https://www.facebook.com/IBWiesbaden/ *
Protestant Women Page	https://www.facebook.com/Wiesbaden-Protestant-Women-of-the-Chapel-113233838709964/ *
Protestant Women Group	https://www.facebook.com/groups/219612285499168/ *
Traditional Service (Protestant)	https://www.facebook.com/TPCCLAY/ *
Wednesday Night Alive (Group)	https://www.facebook.com/groups/wednightalive/ *
Personal	
Catholic Priest	https://www.youtube.com/channel/UCL8-6NwKsEb47uh6xzmTAxQ *
Chaplain (MAJ) Terri King	https://www.facebook.com/terri.king.75 *
Christian Resilience (Conservative Trinitarian)	https://www.youtube.com/channel/UChrPFylv6xwfPkKMhN9E8Jg *
Spiritual Resilience (non-religious)	https://www.youtube.com/channel/UCpNUTYxir3SOB18Hxx1RbNA *

NOTE (*) DISCLAIMER APPLIES TO ALL EXTERNAL LINKS





Wiesbaden Health Clinic - Primary Care

Hours of Operation: 0800 - 1600 Monday thru Friday

Virtual Appointments:

- **TRICARE Online Secure Messaging to your PCM Team at <https://www.tricareonline.com> ***
- **Call Central Appointments to make a virtual appointment**
 - Examples of virtual services: medication refills, paperwork requests, follow up on previous appointments, or general questions for your provider.
- **Limited number of acute face to face appointments available through Central Appointment line:**
 - 06371-9464-5762 CIV / 590-5762 DSN
- **If you are unsure what to do, start by either sending us a secure message or call central appointments for a telephone consult from the primary care team.**
- **Please DO NOT show up unexpectedly.**

COVID-19 Primary Care response:

We are prioritizing care and screening of patients for the COVID-19 pandemic.

People are encouraged to stay at home and come only if **ABSOLUTELY** necessary; in keeping with this guidance, the clinic has limited face to face appointments in order to limit exposure to our staff and our patients to this virus.

We are still here for our patients during these difficult times, please reach out to us online at or telephonically.





Wiesbaden Health Clinic - Primary Care

Hours of Operation: 0800 - 1600 Monday thru Friday

Mandatory Call-In Refills:

DSN: 590-5227 / CIV: 06371-9464-5227

Or TRICARE Online: <https://www.tricareonline.com> *

COVID-19 Pharmacy Process:

- Patients picking-up prescriptions will be screened at the clinic front door
- Only four patients are allowed in the clinic to pick-up prescriptions at a time
- Patients need to pull a pharmacy ticket and wait to be called
- Patients are required to show a valid ID and state full name / date of birth for prescription pick-up
- Prescriptions that do not have refills will need a new prescription before they can be processed
- Early prescription refills will be at the discretion of the pharmacy staff
- Quarantined or Isolated patients must have another individual they authorize to pick-up prescriptions. Valid identification must be provided to the individual picking-up (i.e. smartphone ID picture front and back)





Wiesbaden Health Clinic - Primary Care

Hours of Operation: 0800 - 1600 Monday thru Friday

Contact information: Building 1526, DSN: 590-1320/ CIV: 06371-9464-1320

Services:

- **Routine behavioral healthcare continues, but is shifting to telephone and virtual health appointments in most cases.**
- **Current patients will be contacted regarding any changes to their appointments.**
- **New requests for routine care will be triaged and may be deferred to a later time.**
- **The Behavioral Health Clinic remains open to walk-in crisis care during clinic hours.**
- **Behavioral Health staff remain available for phone consultation to commanders and medical providers.**
- **Please contact the Behavioral Health Clinic if you need to cancel a scheduled appointment.**

The Military Crisis Line serves Active Duty, retirees, and their dependents and is available 24/7 via phone, text, or online chat at

<https://www.veteranscrisisline.net/get-help/military-crisis-line> *

DSN 118, or civilian 001-800-273-8255.





Wiesbaden Veterinary Treatment

Adjusted VTF Hours:
Tuesday and Thursday
0800-1200

The Veterinary Clinic will be open for prescription pick-up, urgent, non-emergency appointments and health certificate appointments. Please call 24 hours in advance for prescription requests.

If you are unable to get ahold of us, please leave a message with your name, your pets name, the reason you are calling, and a good phone number to reach you.

Prescription and appointment requests can be made by phone at 06371-9464-1544 or DSN: 314-590-1544.

The VTF will increase capability as soon as travel restrictions are lifted to support community members and their upcoming travels.



**VTF Location: Clay Kaserne,
Building 1038**

Phone number:
CIV. 06371-9464-1544
DSN: 314-590-1544

All updates to hours and services will be posted through the Garrison website and Facebook page.





Sexual Harassment/Assault Response & Prevention

SHARPSM
SEXUAL HARASSMENT/ASSAULT RESPONSE & PREVENTION

The USAG Wiesbaden **24/7 SHARP Helpline** is **0162-296-6741**. This is the BEST method to connect to local support services. I know that we are in unusual times... We are here... your support network is here.

Every community has resources available to assist. To access local resources outside of the Wiesbaden Community, please call DSN 53-SHARP or download the *WeCare, Europe* App (Google play and iTunes) for a full list of contact information and resources. Finally, the DoD Safe helpline at DSN: 99-001-877-995-5247



Wiesbaden Sexual Assault Response Coordinators (SARCs)



Bill Mottley
USAG Wiesbaden
DSN 548-9222
Clay Kaserne,
Building 1201,
Room 101



Deborah Wagner
66th MI BDE
DSN 546-4508
Clay Kaserne,
Building 1029N



SFC Darlene
Coleman
2nd SIG BDE
DSN 565-3010
Clay Kaserne



Sarah Gordon
HHBN, USAREUR
DSN 537-0744
Clay Kaserne,
Building 1212,
Room 126

UNRESTRICTED REPORTING

Allows a person who is sexually assaulted to report the assault and receive support, advocacy, medical treatment, legal assistance, and counseling.

with a law enforcement investigation & the support of the Chain of Command

RESTRICTED REPORTING

Allows a person who is sexually assaulted to **confidentially** report the assault and receive support, advocacy, medical treatment, legal assistance, and counseling.

without a law enforcement investigation or command involvement

24/7 SHARP Helpline: 0162-296-6741

DoD Safe Helpline DSN: 537 SAFE

DoD Safe Helpline: 0611-143-537-SAFE

USAREUR 24/7 Helpline DSN: 53-SHARP



Download a QR reader app, then scan to go directly to SafeHelpline.org





ACS Financial Readiness

Financial Readiness



- **Financial Resiliency** daily Zoom meeting with a financial counselor 1200-1300 Monday through Friday
- Financial happiness **picture contest** to promote development of financial goals
- Promoting saving behaviors with ACS Facebook Page postings
- Financial Touchpoint Training available on DOD app **Sen\$e**

April is Military Saves Month!

- Downloadable **budget** worksheet, children's activities and resources on <https://wiesbaden.armymwr.com/programs/financial-readiness-program>

Worksheet 2-3: Budget				2016	
SECTION & INCOME (MONTHLY)	CURRENT	PROJECTED	SECTION & DEDUCTIONS (MONTHLY)	CURRENT	PROJECTED
Base Pay			Federal Income Tax (30.00%)		
Health Insurance			State & Local Tax (10.00%)		
401K			FICA Deduction		
Profit Share			Health Insurance (14.00%)		
COLA			Family Medical Leave		
Gratuity Pay			Life Insurance (2.00%)		
Nonresidence Office Fee			Nonresidence Insurance		
Flight Duty Pay			Nonresidence Local Govt		
Employee Savings Plan			Various Deductions & Credits		
Health Savings Plan Accrual			Charitable Tax Credit Calculation		
Spouse Savings (1/12)			Availability		
Spouse Tax			Child Tax Credit		
Spouse on Tax Return			Exemption for Spouse		
Spouse's Retirement Plan			Child Savings Plan		
Spouse's Health Insurance			Child Savings (Spouse's Paid)		
Spouse's 401K			Spouse's Tax		
Spouse's Health Savings Plan			SECTION 5		
Spouse's Life Insurance			SAVINGS (MONTHLY)	CURRENT	PROJECTED
Spouse's Pension			Spouse's 401K		
Spouse's 401K			Spouse's Pension (Spouse Paid)		
Spouse's Health Savings Plan			Life on Spouse		
Spouse's 401K			Health Insurance		
Spouse's 401K			SECTION 6		
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Match

Financial Touchpoint Training

At your fingertips: download the DOD app

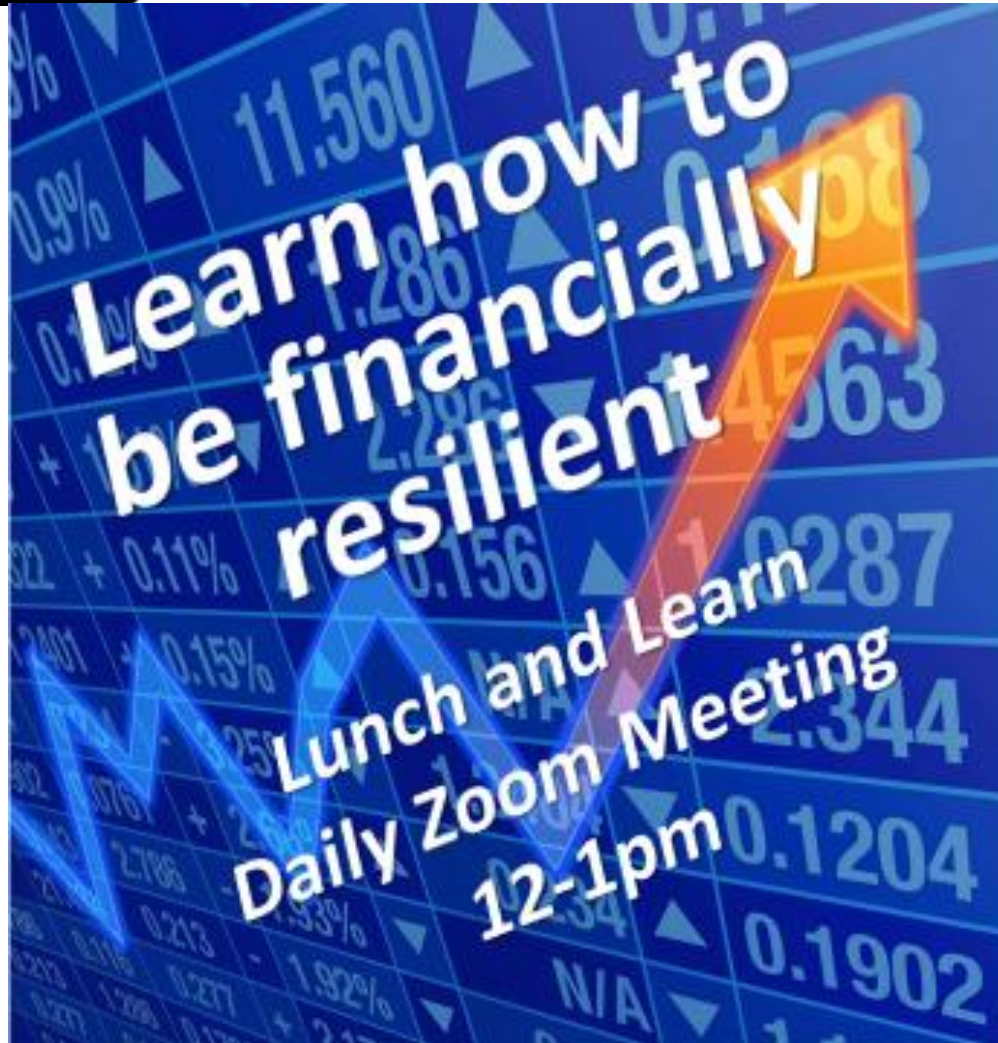


The image displays a row of six smartphone screens, each showing a different screen from the DOD app. The screens are arranged horizontally and are all displaying the 'SENSE' logo in the top right corner. The first screen shows a 'Housing' module with a grid of images. The second screen shows a 'CREDIT REPORT' module with a credit report icon. The third screen shows 'Question 1 of 3' with a text-based question. The fourth screen shows a 'Credit score' module with a credit score icon. The fifth screen shows a 'Basic Finance' module with a grid of images. The sixth screen shows 'Question 2 of 3' with a text-based question. Each screen has a green header bar and a green footer bar.





ACS Financial Readiness



1-30 April 2020

MILITARY SAVES MONTH

• Daily Zoom Meeting•

Basic principles and strategies, practical steps, and tax consideration for individuals who want to grow the money they save

Mo: What is financial resilience and why it matters

Tue: Growing wealth, not debt

Wed: Start investing simply

Thu: Putting it on autopilot

Fr: Tying it together with taxes

Email Federica.s.lemkau.civ@mail.mil to receive the access code to join the Zoom meetings



SECURING THE
FINANCIAL
FRONTLINE





ACS Financial Readiness



Win \$100



1-30 April 2020

MILITARY SAVES MONTH

Submit to

Wiesbaden ACS Facebook

a picture with title that represents your

most important financial goal

Top submission will win **\$100** gift card, second place will win \$50 gift card, third place will win \$25 gift card from Andrews FCU

In a personal message, please send us your email address and phone number so we may contact the winners of the contest personally.

For more information contact Wiesbaden ACS at
DSN 548-9201 • CIV 0611-143-9201

No Federal or DOD endorsement implied






ACS Financial Readiness

ARMY
EMERGENCY
RELIEF

EST. 1942

Army Emergency Relief

All **AER Assistance** is provided via email and EFT with Command approval

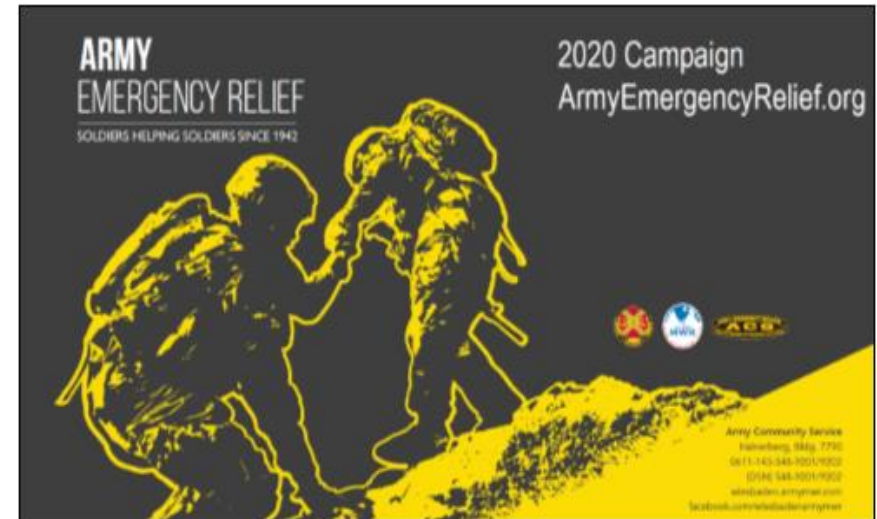


HOW TO REQUEST AER ASSISTANCE DURING COVID-19 RESTRICTIONS

Soldiers and Families who have been exposed to COVID-19 and are restricted should follow the steps below to request AER assistance:

1. Inform Company Commander/First Sergeant of valid financial need
2. Electronically forward AER application and supporting documentation to unit COC
3. After the review, forward the necessary documents to the local AER section for evaluation

If you require additional guidance during non-business hours please contact an AER HQ caseworker through the Army Operations Center at 703-697-0218



The **AER Campaign** is ongoing
Donations can be made via
allotment or credit card on credit
card on [ArmyEmergencyRelief.org](https://www.armyemergencyrelief.org)

The Wiesbaden AER Officer is available telephonically at 0611-143-548-9205 or DSN 548-9205





ACS Family Advocacy Program

Virtual Community Outreach

Positive Parenting Tip Tuesdays

We discuss a positive parenting technique our parents can add to their parenting tool boxes!



PRAISE SHOULD BE

Sparing ★ *Specific* ★ *Sincere*

do ✓	don't ✗
PROCESS PRAISE Focus on process, strategies, effort, like "You're using great puzzle-solving strategies"	PERSON PRAISE Avoid ability-oriented praise, like: "You're very good at solving puzzles"
INFORMATIONAL FEEDBACK Provide specific feedback on performance.	PRAISE AS REWARD Avoid "rewarding" with praise. When kids anticipate rewards, they lose interest.
PERSONAL MASTERY Focus on child's individual performance.	SOCIAL COMPARISON Avoid comparing to others.
REASONABLE EXPECTATIONS Praise should reflect standards that could be realistically met.	TOO LOW OR HIGH EXPECTATIONS Avoid setting low expectations, like "Great job! You wrote a story!" or too high, like "This is the best story I've ever read!"
ENCOURAGEMENT Give encouragement, like "Your room looks clean!". This helps develop internal evaluation.	EVALUATION Avoid focusing on judgement with "I like" statements, such as, "I like how clean your room looks."

Vs.

PARENTS SAY THIS NOT THAT!

SAY: I'll listen to you as soon as your voice is as calm and quiet as mine.

Instead of: Don't talk to me like that! You better be respectful!

SAY: I'll serve you lunch when you are sitting quietly in your chair.

Instead of: Stop whining! You better be quiet if you want lunch.

SAY: Snack is served at 9:30. Eat as much as you need to hold you until lunch.

Instead of: Don't ask me for another snack! You aren't getting anything.

SAY: I give a special lunch to children who share their toys.

Instead of: You better share. You aren't getting anything if you keep taking his toys!

SAY: Feel free to join our game as soon as you are calm.

Instead of: Don't you dare! Come back here until you show some respect!

For more information follow ACS Facebook Page:

<https://www.facebook.com/USAG-Wiesbaden-ACS-111672008929695/> *





ACS Family Advocacy Program

Wake Up Wednesday with ACS FAP- We discuss everything related to online safety. We'll cover topics on online bullying, online relationships, mental health & technology, and safety guides for various apps and games your child may be using.

Story Time with Alissa every Wednesday on the <https://www.facebook.com/ACSNewParentSupportProgram> *

Thriving Thursdays – All things about developing and maintaining a healthy relationship with your significant other,

Fridays – New Parent Support Newsletters with great tips and activities for our families with children 4 and under!



New Parent Support Program - NPSP
Wiesbaden

Wednesday at 10:00 AM · 🌐

No Newborn network again today, instead we have the video recording of Little Dino's don't Yell. NPSP misses seeing all your smiling faces





Domestic Abuse

April is Child Abuse Prevention Month

Need someone to talk to?

Are you experiencing physical, emotional, sexual, or economic abuse?

ACS Victim Advocates offer support, safety planning and resource information to adult victims of domestic abuse.

If you are a victim of domestic abuse call our 24/7 Domestic Violence Hotline at:

0162-297-5625

If in immediate danger call the Military Police

0611- 143-548-7777 or 114





ACS Exceptional Family Member Program (EFMP)

EFMP Family Support

EFMP Manager is available
Monday – Friday, 0800 – 1700
via email and by phone:

victor.garcia2.civ@mail.mil

DSN (314) 548-9220

Civ. 0611 143 548 9220



EFMP Coordinator (WAHC)

EFMP Coordinator is available
Monday – Friday, 0730 – 1630
via email and by phone:

paola.sanchez5.civ@mail.mil

DSN (314) 590-1499

Civ. 06371-9464-590-1499

The ACS EMP office is the single source
point of contact for information to resolve
problems or locate services to support
individuals with special needs

The WAHC EFMP coordinator is
available to answer questions pertaining
to enrollment, disenrollment, and
assignment concerns pertaining to EFMP



April is Autism Awareness Month!

2020 the “Year of Kindness” for people with Autism

Please visit the EFMP Facebook Page for more information

<https://www.facebook.com/EFMPUSAGWiesbaden/> *





ACS Relocation Readiness Program

***New to Wiesbaden? Don't let the lockdown spoil the fun for you!
Let Relocation take you to downtown Wiesbaden (virtually) and teach
you a few things about your new home and some cool places to visit.***

1. Virtual Walking Tours

- Caution <https://youtu.be/NMfaEOCVo3I> * Not accessible on Government network.
- Caution <https://www.wiesbaden.de/en/tourism/virtual-tours/index.php> *

2. Host Nation Orientation - the following link will provide you a copy of the Wiesbaden Welcome guide. The contents of which are the places we usually discuss during our weekly Orientation.

Website : www.wiesbaden-welcome-guide.com * Not accessible on Government network.





ACS Relocation Readiness Program

LENDING CLOSET

Borrow a loaner kit while you wait for your household goods to arrive or if you are in between moves. The kit includes basic kitchen items (pots, pans, dishes, silverware) and small appliances such as irons, coffee makers, and toasters. We also have play pens, high chairs and booster seats for small children. Loaners are good for an initial 30 days and could be extended.

SPOUSES PROGRAMS

SPOUSES, You are not Alone!

We have the following programs to assist you during your family's transition:

- **Spouse Orientation Program** – introduce and connect you to agencies like TRICARE, Dental, Vehicle Registration, Customs, CYS, ACS Employment Program and many others.
- **Spouse Sponsorship** - we can provide you a spouse sponsor to assist you during your move.





ACS Relocation Readiness Program

Useful websites during your move

PLAN MY MOVE

<https://planmymove.militaryonesource.mil/>

NEWCOMER'S PORTAL

<https://home.army.mil/wiesbaden/index.php/my-fort/newcomers>

ACS RELOCATION

<https://wiesbaden.armymwr.com/programs/relocation-readiness-program>

For more information please contact us at:

DSN 548-9201 or CIV. 0611-143-548-9201 or email us at

usarmy.wiesbaden.id-europe.mbx.mwr-acs@mail.mil





ACS Employment Readiness

Employment Readiness

Resume Assistance/Virtual Job trainings

Employment Readiness Manager is available via email Monday thru Friday from 0800-1700 to provide (both Federal and Civilian) resume writing assistance to the community.

Virtual job trainings are available via **USAJobs** to the public.

Link to Virtual job trainings:

<https://www.usajobs.gov/Notification/Events/> *

Interviewing 7 April, 11:00 a.m. (ET) & 29 April, 2:00 p.m. (ET)

Writing Your Federal Resume 14 April, 3:00 p.m. (ET) & 29 April, 1:30 p.m. (ET)

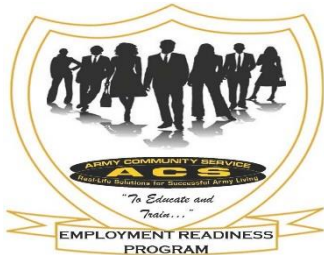
Navigating USAJobs - Finding & Applying 15 April, 3:00 p.m. (ET) & 21 April, 1:30 p.m. (ET)

Contact:

Employment Readiness Manager

Email Earl McFarland

earl.j.mcfarland.civ@mail.mil



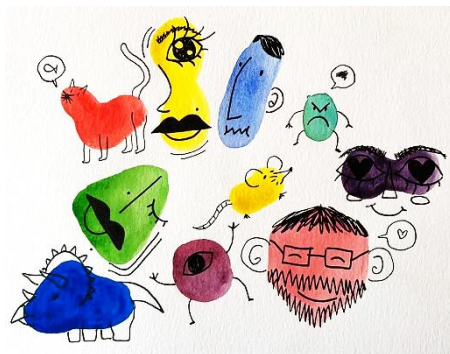


Family & Educational Support

Wiesbaden Arts & Crafts Center

**Join Claudia for Good Vibes
with Art!**

Resiliency Through Art



Creative Expressions



<https://www.facebook.com/WiesbadenArtsAndCrafts/> *



Educational Resources

Science Exploration

Language Learning

e-Books, Videos

Encyclopedias

Financial Literacy Tools

Online Publications

History Resources

And lots more



<https://www.facebook.com/WiesbadenArmyMWR/> *





Physical Wellness

Life Fitness

Online Fitness

Coaching and Workout of the Day (WOD) suggestions. There are multiple Workouts of the Day. This service is completely free and extended to our patrons and their families to use.

<https://go.lifefitness.com/wod> *



<https://www.facebook.com/WiesbadenArmyMWR/> *

<https://wiesbaden.armymwr.com/promos/inside-mwr> *

FFT BOOTCAMP

M-W-F sessions with Emily at 1200

Location: Wiesbaden Family and MWR Facebook

BIGGEST LOSER

T-TH sessions with Jodi at 1730

Location: Live on Wiesbaden Sports and Everything Fitness group page, shared post-event on MWR Facebook

MONDAY MEDITATION WITH MARIA

Monday 1730

Location: Wiesbaden Family and MWR Facebook

PLUS WEEKLY YOGA, ZUMBA & MORE!





Wiesbaden Family and MWR Adjusted Service Offerings

VAT/UTAP Office

Open on Fridays by appointment only for emergency situations including medical and pharmacy services and emergency repairs (home, car or medical equipment).

Friday hours: 8:30 a.m. to 4:30 p.m.

To schedule an appointment call (0611) 143-548-9107/DSN 548-9107, email usarmy.wiesbaden.utap@mail.mil or visit the VAT/UTAP page on wiesbaden.armymwr.com.

Dagger Cantina

Open for take-out only from 7:30 a.m. to 1:30 p.m. Monday to Friday. The staff can only serve one customer at a time to maintain social distancing.

MWR Food Delivery Options

The following Food and Beverage facilities offer delivery service only!

Bamboo Asian Restaurant - from noon to 9 p.m. Tuesday to Sunday (closed Monday). Call DSN 548-9425 or civ (0611) 143-548-9425.

[Click here to view the menu.](#)

Wiesbaden Entertainment Center

from 11 a.m. to 8 p.m. daily. Call DSN 548-9406 or civ (0611) 143-548-9406.

[Click here to view the menu.](#)

Little Italy Catering Center - from 11 a.m. to 2 p.m. and 5-10 p.m. Monday to Friday; noon to 2 p.m. and 5-10 p.m. Sunday (closed Saturday). Call DSN 548-9413 or civ (0611) 143-548-9413.

[Click here for the menu.](#)





Inside with MWR

INSIDE WITH MWR

<https://wiesbaden.armymwr.com/promos/inside-mwr>

Wiesbaden Family and MWR's virtual program and information page during COVID-19. Join us in exploring a wealth of opportunities available, courtesy of your local Wiesbaden MWR programs and online resources.

Resources Include:

- Garrison COVID-19 Updates
- MWR Food Delivery Options & Menus
- Educational Activities for Children
- Virtual Library
- Sports & Fitness Virtual Workouts
- Virtual Art Courses
- Streaming Broadway Shows & Play Readings from AEP
- Things to do at Home
- Online Academic Resources
- Virtual Job Training
- Mental Health Resources
- MWR Program & Informational Videos
- Resources for Coping During COVID-19





Online Fitness Apps

500+ ways to enjoy
a fitness benefit
in the privacy
of your home

FREE ACCESS
until April 30*

STEP 1
Download the Wellbeats App or visit the website portal:
portal.wellbeats.com

Available on the App Store, Google Play, and Microsoft App Center.

STEP 2
Select 'Register Via Code' and enter invitation code

INVITATION CODE

57a4df63

STEP 3
Play a fitness class!

Wellbeats

FITNESS IS FOUNDATIONAL

Exercise benefits the mind as much as the body. Nutrition fuels both. Wellbeats is an equitable, affordable, and easy-to-use on-demand fitness benefit that empowers habit forming physical and mental health.

FITNESS FOR THE WHOLE FAMILY

- 500+ high quality, 1-60 minute videos
- 30 channels, no equipment options, for every age, interest and ability
- Recommendation engine used to personalize and serve up content
- Goal-based challenges and fitness assessments
- Highly certified, relatable Instructors
- Safe and education based
- Track progress and results

LEARN MORE AND SCHEDULE A PRODUCT DEMO

cdsales@wellbeats.com wellbeats.com/corporate





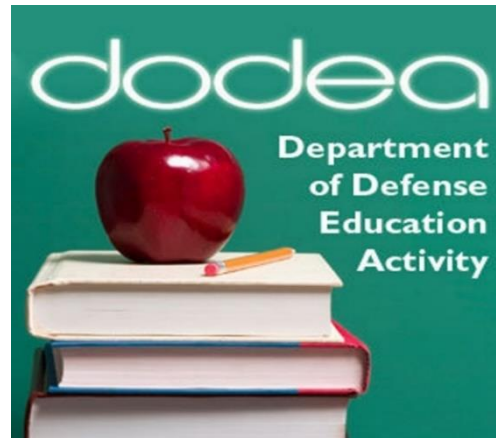
Educational – DoDEA Schools

**DoDEA available virtually available to
Students teacher hours are 0800-1500**

Individual Teacher Plans Can Be Found Here:

<https://sites.google.com/student.dodea.edu/europe-east-portal/home> *

**Spring Break
6-10 April 2020**



Aukamm Elementary School - <https://www.dodea.edu/AukammES> *

Hainerberg Elementary School - <https://www.dodea.edu/HainerbergES> *

Wiesbaden Middle School - <https://www.dodea.edu/WiesbadenMS> *

Wiesbaden High School - <https://www.dodea.edu/WiesbadenHS> *





Wiesbaden Education Center

The Education Center has shifted classes to online. Specific school and contact info is listed below please contact for more details.

Central Texas College -

Email wiesbaden@europe.ctcd.edu

DSN 548-1307 or (0611)143-549-1307.

Embry-Riddle Aeronautical University

Email wiesbaden@erau.edu

University of Maryland Global Campus

email: wiesbaden-europe@umuc.edu; or by phone (0611)143-548-1315

University of Oklahoma -

Wiesbaden OU representatives
email: APWiesbaden@ou.edu.

Contact:

DSN 548-1302


Civ. (0611) 143-548-1302





Wiesbaden USO Events

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

	1 Wake Up Wiesbaden 0900 Grace (FBL) Story Time With Papa G 1500 Bob (FBL)	2 Wake Up Wiesbaden 0900 Chante (FBL) Tuesday Tips with Amazing Amanda 1500 Amanda (IG)	3 Wake Up Wiesbaden 0900 Bob (FBL) Groovin' With Chante 1500 Chante (FBL)	4 Wake Up Wiesbaden 0900 Chante (FBL) Cooking With Kris 1500 Kris (IG)	5 Wake Up Wiesbaden 0900 Grace (FBL) Grace's Craft Corner 1500 Grace (FBL)	6 Weekend FB Post: Volunteer Engagement TBD (FB)
7	8 Wake Up Wiesbaden 0900 Grace (FBL) Story Time With Papa G 1500 Bob (FBL)	9 Wake Up Wiesbaden 0900 Chante (FBL) Tuesday Tips with Amazing Amanda 1500 Amanda (IG)	10 Wake Up Wiesbaden 0900 Bob (FBL) Groovin' With Chante 1500 Chante (FBL)	11 Wake Up Wiesbaden 0900 Chante (FBL) Cooking With Kris 1500 Kris (IG)	12 Wake Up Wiesbaden 0900 Grace (FBL) Grace's Craft Corner 1500 Grace (FBL)	13 Weekend FB Post: Volunteer Engagement TBD (FB)
14	15 Wake Up Wiesbaden 0900 Grace (FBL) Story Time With Papa G 1500 Bob (FBL)	16 Wake Up Wiesbaden 0900 Chante (FBL) Tuesday Tips with Amazing Amanda 1500 Amanda (IG)	17 Wake Up Wiesbaden 0900 Bob (FBL) Groovin' With Chante 1500 Chante (FBL)	18 Wake Up Wiesbaden 0900 Chante (FBL) Cooking With Kris 1500 Kris (IG)	19 Wake Up Wiesbaden 0900 Grace (FBL) Grace's Craft Corner 1500 Grace (FBL)	20 Weekend FB Post: Volunteer Engagement TBD (FB)
21	22 Wake Up Wiesbaden 0900 Grace (FBL) Story Time With Papa G 1500 Bob (FBL)	23 Wake Up Wiesbaden 0900 Chante (FBL) Tuesday Tips with Amazing Amanda 1500 Amanda (IG)	24 Wake Up Wiesbaden 0900 Bob (FBL) Groovin' With Chante 1500 Chante (FBL)	25 Wake Up Wiesbaden 0900 Chante (FBL) Cooking With Kris 1500 Kris (IG)	26 Wake Up Wiesbaden 0900 Grace (FBL) Grace's Craft Corner 1500 Grace (FBL)	27 Weekend FB Post: Volunteer Engagement TBD (FB)
28	29 Wake Up Wiesbaden 0900 Grace (FBL) Story Time With Papa G 1500 Bob (FBL)	30 Wake Up Wiesbaden 0900 Chante (FBL) Tuesday Tips with Amazing Amanda 1500 Amanda (IG)			BECOME A USO VOLUNTEER!  BE A FORCE BEHIND THE FORCES SIGNUP AT VOLUNTEERS.USO.ORG	

APRIL EVENTS

FB= Facebook
FBL= Facebook Live
IG= Instagram



Wiesbaden





TASK FORCE COMMUNITY WELLNESS

END OF BRIEF

